

## **Michigan Tobacco Quitline Offers Free Nicotine Patches, Gum or Lozenges While Supplies Last**

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People who want to quit smoking or chewing tobacco can now take advantage of free nicotine replacement products by calling the Michigan Tobacco Quitline, the Michigan Department of Community Health (MDCH) has announced. The Quitline phone number is 1-800-QUIT-NOW (784.8669) and is available 24 hours a day, 7 days a week.

The program will provide up to an eight-week supply of nicotine patches, gum or lozenges to tobacco users who are age 18 and over and meet basic health requirements. The free program is available to all callers regardless of income or insurance status. The nicotine patches, gum and lozenges are available now through September 30 or while supplies last and are provided on a first come, first served basis.

To be eligible, callers must enroll in cessation services with the Michigan Tobacco Quitline at 1-800-QUIT NOW. When Michigan residents enroll with the Quitline, they will receive a personal coach who will assist them in setting a quit date and making an individualized quit plan. The personal coach will also provide on-going support with up to 5 telephone coaching sessions around the caller's quit date.

"Callers using nicotine replacement therapy (NRT) along with support through a telephone-based service like 1-800-QUIT NOW can increase their chances of remaining smokefree by 28% compared to quitting cold turkey," said Dr. Greg Holzman, chief medical executive for MDCH. "Providing access to free NRT during this promotion will greatly enhance MDCH's mission to take steps to prevent disease, promote wellness and improve quality of life".

The Michigan Tobacco Quitline has received over 58,000 calls since it was launched in October, 2003. The Quitline offers both English and Spanish-speaking counselors, as well as interpretive services for a wide variety of languages. For more information, call 1-800-QUIT NOW or go to [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco).